

# CANNON NEWS

Francis Cannon VFW Post 7589  
Manassas, Virginia  
April 2020

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DOC CROUCH / POST 3150

State Auxiliary President Marcia Semones, National Auxiliary President Peggy Haake, Commander in Chief Doc Schmitz and State Commander Rick Raskin accompanied Virginia's VOD winner Sophie Crowder on stage at the 2020 Educational awards ceremony on March 1.

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## *In This Issue:*

- Congressional Bills with VFW Interest
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## NOTICE

The April 6 Post meeting will be held via conference call.

Start time 7:30 PM

Dial-in number:  
**(425) 436-6330**

Access Code: **805920#**

See Guideline on Page 8

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**CANNON NEWS**—2015 & 2018 National VFW Publications Silver Award  
2013, 2014, 2015 and 2017 Clair B.Poff Public Relations Award for  
Most Outstanding Post Publication/Newsletter, VFW Department of Virginia

## Commander's Message



Wayne Moore

### Women in the U.S. Military

*In every case, there were historic firsts for the armed services, and a reminder that the military still has a long way to go before it is a truly integrated institution. But, since the United States first declared itself an independent nation, American*

*women have found ways to serve their country despite resistance from men, sometimes going as far as impersonating male soldiers to join the fight at the frontlines.*

*In honor of International Women's Day and Women's History Month, here is a compiled list of historic milestones that changed the course of our nation — milestones set by servicewomen who refused to accept the status quo and paved the way for the next generation. This is by no means a complete timeline; this is simply a snippet of those accomplishments.*

(See *Commander* on page 3)

## Auxiliary President



Mary Corkhill

**BULLETIN:** We have received several messages from VFW Auxiliary National Headquarters. The latest was an Executive Order #1 dated March 20, 2020 from the National President Peggy Haake which states: *“Pursuant to the authority under Section 810E, the first bullet, effective immediately and until rescinded, we ask that Auxiliaries, Districts, County Councils, and Departments, if possible and within the requirements of mandated Department Special Orders, make the attempt to elect officers. For those Auxiliaries, Districts, County Councils, or Departments that are unable to elect officers as a result of COVID-19, all current officers shall continue to function within their capabilities until new officers are elected. It is further stipulated that no Auxiliary, District, County Council, or Department shall be penalized or reprimanded as result of inability to properly function, as mandated by state and local government declaration, as a direct result of COVID-19.”*

The health and well-being of our members is a high priority. After communicating with our Officers, steps were taken to postpone the April 6th meeting and reschedule it for April 20th at 7:30pm. On that date, we will do the first quarter audit, vote for Delegate/Alternates for the District and Department Conventions and hold elections for the 2020-2021 Auxiliary year. IF we are not able to have the April meeting, we will conduct our meeting in May. All other events for this Auxiliary have been cancelled until further notice or until this emergency has passed. Please keep your family safe.

Until we have confirmation from the 8th District Commander on whether the District Convention scheduled for April 26th at Post 2524 in Culpeper, VA, will still be held, we are planning to attend. Lunch will be served at 12:00 (noon) with the joint meeting starting at 1:00 PM. This is the election meeting for the new 2020-21 officers. The 8th District has a raffle for the District Veterans & Family Support Fund, so please bring a gift to donate. Please let me know if you will be able to attend. Just a reminder: the District 8 audit is before the meeting.

During this time of uncertainty, please follow the authorities and do what they are requiring you to do in order to keep you and your loved ones safe. We will keep you informed about the events we had scheduled.

Please keep everyone in your prayers.







Respectfully,

Mary Corkhill

### A HISTORY OF WOMEN IN THE US MILITARY

<p><b>1775-1783</b> During the Revolutionary War, women serve in military camps as laundresses, cooks, and nurses. Other women serve as spies, including "Agent 355" in George Washington's spy ring.</p>	
<p><b>1782-1783</b> Deborah Sampson serves 17 months in Washington's army as "Robert Shurtleff." Her gender is discovered after she's wounded in battle.</p>	
<p><b>1846-1848</b> During the Mexican War, Elizabeth Newcom serves in the Missouri Volunteer Infantry as "Bill Newcom."</p>	
<p><b>1866</b> Cathay Williams is the first and only documented African-American woman to enlist in the Army as a Buffalo Soldier. She uses the pseudonym William Cathay.</p>	
<p><b>1861-1865</b> During the Civil War, women serve in a variety of roles, including as nurses, administrators, cooks, spies, and soldiers (disguised as men). Mary Edwards Walker becomes the first and only woman to receive the Medal of Honor.</p>	
<p><b>1898</b> During the Spanish-American War, 1,500 civilian women serve in Stateside Army hospitals, while hundreds more serve as spies, support staff, and, disguised as men, soldiers.</p>	
<p><b>1901</b> Congress establishes Army Nurse Corps.</p>	
<p><b>1908</b> Congress establishes Navy Nurse Corps.</p>	
<p><b>1917-1918</b> During WWI, women serve as nurses and support staff. More than 400 are killed in action. Navy Nurse Corps Lena Sutcliffe Higbee receives Navy Cross for her service.</p>	
<p><b>1941-1945</b> During WWII, approx. 400,000 women serve in officially-noncombat roles, including as mechanics, pilots, clerks, nurses, and ambulance drivers. Hundreds of others serve as field intelligence agents in the OSS. 88 taken prisoner of war. 18 killed in action.</p>	

(Commander from page 2)

<p><b>1948</b> Congress passes the Women's Armed Services Integration Act, permitting women to serve as permanent members of the military. Prior to the act, women only served in times of war.</p>		
<p><b>1950-1953</b> During the Korean War, approx. 50,000 women serve in the military, many as Army nurses in forward-deployed M.A.S.H. units and aboard ships.</p>		
<p><b>1962-1972</b> During the Vietnam War, approx. 11,000 military women are deployed to Vietnam, 90% of whom serve as nurses. 8 women are killed in combat. Cadr. Elizabeth Berrett becomes the first woman to hold a command in a combat zone.</p>	<p><b>1976</b> The first women are admitted to four of the five service academies: West Point, the U.S. Naval Academy, U.S. Coast Guard Academy, and the Air Force Academy.</p>	<p><b>2011</b> Female officers deploy on a submarine for first time. Cultural Support Teams are formed. TWO "CSTs" killed in action: 1st Lt. Ashley White in 2011, and Capt. Jennifer Moreno in 2013.</p> 
<p><b>1991-1992</b> During Desert Storm, approx. 41,000 servicewomen deploy to the Middle East. Two women are taken prisoner of war by Iraqi forces.</p>	<p><b>1978</b> Female sailors and Marines are allowed to serve on non-combat ships.</p>	<p><b>2013</b> Defense Secretary Leon Panetta announces that the military's combat exclusion policy will be rescinded.</p> <p><b>2014</b> Adm. Michelle Howard is first woman to become a four-star admiral.</p> 
<p><b>1991-1993</b> Congress authorizes women to fly in combat missions and serve on combat ships.</p>		
<p><b>1994</b> DoD declares: "women shall be excluded from assignment to units below the brigade level whose primary mission is to engage in direct combat on the ground."</p>	<p><b>2015</b> Capt. Kristen Griest, Maj. Lisa Jaster, and 1st Lt. Shaye Haver become the first female soldiers to graduate from Ranger School.</p> <p><b>2016</b> DoD opens all combat jobs to women. "There will be no exceptions," says Defense Secretary Ashton Carter in announcement Dec. 3, 2015.</p> 	
<p><b>2016</b> Air Force Gen. Lori Robinson is first woman to lead a unified combatant command.</p>		<p><b>2016</b> A woman becomes the first female soldier to join the Army's elite 75th Ranger Regiment.</p> 
<p><b>2016</b> Capt. Kristen Griest becomes Army's first infantry officer, while Sgt. Shelby Atkins becomes Army's first female enlisted infantry soldier.</p>		<p><b>2017</b> Three women become the first female infantry Marines.</p>

## Youth News & Notes



**Lou Filippone**

During this most challenging time the Youth Committee hopes all the VFW membership and it's Auxiliary are well and safe from the current Pandemic. Because of the required precautions imposed upon us by the Federal Government many of the normal Post youth activities have been delayed or canceled making this report somewhat brief.

Our last Youth Committee meeting was held at the Post on Thursday, 19 March 2020 at 7:00 PM. Those in attendance were Comrade Peter MacLeod and myself. Here are some of the Youth Committee's most recent activities and upcoming events discussed.

Post 7589 held it's Scout of the Year judging on Sunday, 15 March at the Post and selected it's winners who are listed below. Congratulations to all our winning Eagle Scouts!

1st Place Eagle Scout Ryan Joseph Pappalardo  
Troop 2717, Gainesville, Virginia

2nd Place Eagle Scout Benjamin Petsopoulos  
Troop 1372, Manassas Park, Virginia

3rd Place Eagle Scout Samuel Collins  
Troop 1372, Manassas Park, Virginia

The judging was challenging since the candidates were so very competitive with first and second place only five points apart. The scores were 633 to 628 respectively. A thank you goes out to those who volunteered their time and participated as judges. Comrades Alex Bliem and Peter MacLeod as well as Auxiliary Member Francine Filippone really came through for us. Let me also mention that Eagle Scout Ryan Joseph Pappalardo also came in first place at the District Eight level and is currently in contention for the Department Scout of the Year Award. I know Ryan personally and wish him continued success at the state level. Normally these winning Scouts are recognized at the April General Membership Meeting and the District winner at the April District Meeting. Unfortunately, everything is on hold due to the current medical situation preventing assembly of more than ten people. Once we are allowed to resume our normal meetings, and dates become available, I will notify the membership about these postponed award ceremonies.

Just about every youth activity in the next few months has been affected and delayed by the Corona Virus outbreak. Another example of this is our Spring Flag Retirement Ceremony which we were originally planning for the end of April. The Youth Committee has rescheduled it to Saturday, 16 May 2020 at

(See *Youth* on page 4)

*(Youth Continued from page 3)*

the Post at 9 AM. Hopefully we can keep to this schedule. However, at best, this date is tentative due to the rapidly unfolding and changing events related to the current health crisis. We will all know more as the warmer weather approaches.

Unfortunately the same situation applies to our JROTC and Civil Air Patrol Youth Awards Program. We historically participate with Battlefield High School Air Force JROTC, Osbourne Park High School Navy JROTC, Stonewall Jackson High School Air Force JROTC and the Prince William Composite Squadron of Virginia Wing Civil Air Patrol in the month of May and present top Cadets with VFW awards. Since classes at all Virginia schools have been suspended until the fall of this year it is doubtful any actual award ceremonies will be held. If by some outside chance these ceremonies are delayed or if a virtual ceremony is discussed I will make an announcement in the upcoming newsletters.

The only other youth related item for April is the Patriotic Youth Contest conducted by the VFW Auxiliary. The deadline for all entries is 31 March 2020 and is just days away. Please forward any late entries to Mary or any of the Auxiliary members. High School students who submit artwork with a Patriotic theme in many different media compete for prizes and scholarships. Hopefully our Post winner will go on to represent us at the Department and National levels. We wish all our contestants success.

Our next Youth Committee meeting is scheduled for Thursday, 16 April 2020 at the Post at 7:00 PM and we hope to see you there. Until then, please take the necessary precautions and stay healthy as we navigate this Pandemic.

With best regards,  
Lou Filippone  
Youth Committee Chair

## Legislative Update



Below are the Virginia legislative initiatives that have been sent to the Governor for his signature. Please note that we will vote on JLC initiative #1 in the general election in November.

HB 446 DGS; disposition of surplus materials, donation of surplus computers.

**Monti Zimmerman** HB 967 Military service members and veterans; expediting the issuance of credentials to spouses.

HB 990 Military Affairs, Department of; change of secretariat.

SB 981 Military service members and veterans; expediting the issuance of credentials to spouses.

SB 978 Technical professional licenses; military science endorsement.

HB 143 Unemployment compensation; leaving employment to follow military spouse.

JLC Initiatives:

1. JLC 2020-01 HJ 103 Second Resolution - Constitutional amendment; personal property tax exemption for motor vehicle of a disabled veteran. Explanation (Personal Property Tax Exemption - creating a standardized statewide personal property tax exemption for one vehicle for 100% service-connected, total and permanent disabled veterans.)
2. JLC 2020-02 Counting Military Absentee Ballots After Election Day - SB 455 Absentee voting; deadline for returning absentee ballot.
3. JLC 2020-04 SB 753 Virginia National Guard; state active duty for emergency response. Allows lower level Virginia National Guardsmen to be paid above minimum wage when activated for state duty and paid as state employees, not as as federal members of the military.



JIM GIERLAK / POST 8252

Rick Raskin visited Gloucester Post 8652 on March 14 while travelling in the Tidewater area.

**Congressional Bills with VFW Interest**

(\* Indicates bills cited in 2019 Talking Papers)  
(Rev 10Mar2020)

Bills cited in 2020 Talking Papers & Follow-up Issues of the VFW Action Corps Weekly:

**\*HR-444 Reduce Unemployment for Veterans of all Ages Act of 2019**  
Sponsor: J. Brownley (D-CA26) Co-Sponsors: 55  
VA Co-sponsors: Luria (D-2), Spanberger (D-7) and Beyer (D-8).

**\*HR-2326 Navy SEAL Chief Petty Officer William "Bill" Mulder (Ret.) Transition Improvement Act of 2019**  
Sponsor: M. Levin (D-CA49) PASSED  
HOUSE 05-2019

**\*HR-3224 Deborah Sampson Act**  
Sponsor: J. Brownley (D-CA26) PASSED  
HOUSE 11-2019

**HR-5610 Fair Care for Vietnam Veterans Act**  
Sponsor: J. Harder (D-CA10)  
Co-Sponsors: 11  
VA Co-Sponsors: None

**HR-5739 Blast Exposure Protection Act of 2020**  
Sponsor: N. M. Velazquez (D-NY7)  
Co-Sponsors: 14  
VA Co-Sponsors: None

**HR-5995 Major Richard Star Act (Concurrent Receipt)**  
Sponsor: G. M. Bilirakis (R-FL12) Co-Sponsors: 8  
VA Co-Sponsors: None

**HR-6013 Veterans' Families Financial Support Act**  
Sponsor: M. Bost (R-IL12)  
Co-Sponsors: 1  
VA Co-Sponsors: None

**HR-6082 Forgotten Vietnam Veterans Act**  
Sponsor: T. J. Cox (D-CA21)  
Co-Sponsors: 6  
VA Co-Sponsors: None

**\*S-191 Burn Pit Accountability Act**  
Sponsor: A. Klobucher (D-MN) Co-Sponsors: 46  
VA Co-Sponsors: Kaine (D) and Warner (D)

**\*S-319 Women Veterans and Families Health Services Act of 2019**  
Sponsor: P. Murray (D-WA)  
Co-Sponsors: 9

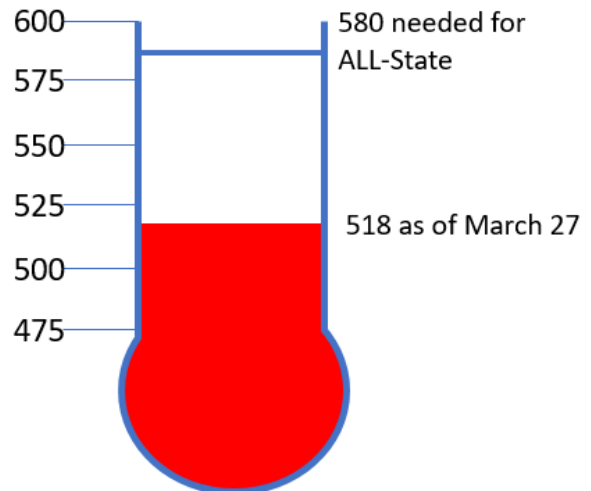
VA Co-Sponsors: None

**\*S-514 Deborah Sampson Act**  
Sponsor: J. Tester (D-MT)  
Co-Sponsors: 45  
VA Co-Sponsors: Kaine (D) and Warner (D)

**\*S-785 Commander John Scott Hannon Veterans' Mental Health Care Improvement Act of 2019**  
Sponsor: J. Tester (D-MT)  
Co-Sponsors: 16  
VA Co-Sponsors: Kaine (D) and Warner (D)

**S-3393 A bill to amend Title 10, USC, to provide for concurrent receipt of Veterans' disability compensation and retired pay for disability retirees with fewer than 20 years of service and a combat related disability, and for other purposes**  
Sponsor: J. Tester (D-MT)  
Co-Sponsors: 2  
VA Co-Sponsors: None

**Post Membership Statistics**



**PLEASE RENEW**



## Coronavirus Resources for Veterans

I wanted to let you know that the Veteran's Administration (VA) has created a website with general information on status of VA's response to COVID-19, including what the VA is doing, what Veterans should do, and how to protect yourself.

### **Novel Coronavirus Disease (COVID-19)**

See <https://www.cdc.gov/coronavirus/2019-ncov/index.html> for the latest Centers for Disease Control and Prevention Coronavirus information.

### **What is VA doing?**

VA has implemented an aggressive public health response to protect and care for Veterans in the face of this emerging health risk. We are working directly with the Centers for Disease Control and Prevention (CDC) and other federal partners to monitor the outbreak of the virus.

VA has administered over 848 COVID-19 tests nationwide while taking aggressive steps to prevent COVID-19 transmission.

These measures include outreach to Veterans and staff, clinical screening at VA health care facilities, and protective procedures for patients admitted to community living centers and spinal cord injury units.

### **What should Veterans do?**

Any Veteran with symptoms such as fever, cough or shortness of breath should immediately contact their local VA facility. VA urges Veterans to call before visiting – you can find contact information for your closest VA facility.

Alternatively, Veterans can sign into <https://www.myhealth.va.gov/> to send a secure message to VA or use telehealth options to explain their condition and receive a prompt diagnosis.

Upon arriving at VA, all patients will be screened for flu-like symptoms before they enter in order to protect other patients and staff. A VA health care professional will assist you with next steps once this screening process is complete.

At this time, VA is urging all visitors who do not feel well to please postpone their visits to VA facilities.

### **How to protect yourself**

Currently, there is no vaccine to prevent the COVID-19 infection and no medication to treat it. CDC believes symptoms appear 2 to 14 days after exposure. Avoid exposure and avoid exposing others to an infection with these simple steps.

Learn to use VA Video Connect through the VA mobile app store <https://mobile.va.gov/app/va-video-connect> or by contacting your VA care team, before any urgent problems arise.

- Wash your hands often with soap and water for at least 20 seconds. An easy way to mark the time is to hum the “Happy Birthday” song from beginning to end twice while scrubbing.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick or becoming sick.
- Cover your cough or sneeze with a tissue (not your hands) and throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Getting a flu shot is recommended.

I will continue to keep you updated regularly through emails, social media posts, and telephone town halls as this outbreak and the response to it continues to develop over the coming days.

As always, I encourage you to share this information with your family, friends, and neighbors and encourage them to sign up for my updates so they never miss a piece of breaking information.

Sincerely,

Rob Wittman

# 2020 Legislative Conference in Washington DC



MONTI ZIMMERMAN / POST 7589

**Congresswoman Jenifer Wexton's Legislative Assistant Ali Vangrow meets with Dan Boyer, Rick Raskin and Jill Lynch.**



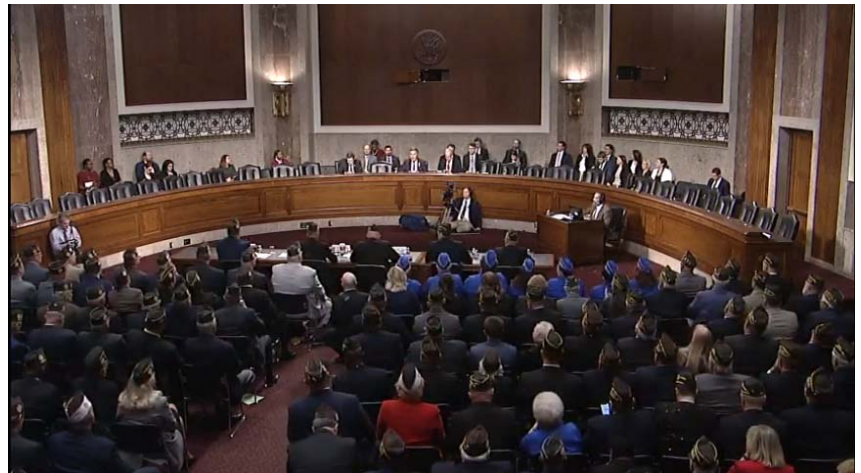
RICK RASKIN / POST 7589

**Monti Zimmerman and Ali Vangrow**



Courtesy Jennifer Wexton's staff

**Jill Lynch, Monti Zimmerman, Rick Raskin, Marcia Semones and Dan Boyer at Jennifer Wexton's Office.**



US Senate video capture / VFW Online

**An overflow crowd was present to hear the Commander in Chief's testimony.**



US Senate video capture / VFW Online

**Commander in Chief Doc Schmitz delivers his testimony.**



US Senate video capture / VFW Online

**Doc Schmitz hammers his point home at the conclusion of his testimony.**

## VFW Commander-in-Chief Brings Veterans' Voices to Congress

*VFW Action Corps—March 6*

Veterans of Foreign Wars National Commander William “Doc” Schmitz called for “accountability for failure to grant benefits to Vietnam and Post-9/11 veterans suffering from toxic exposures” during a special joint hearing of the Senate and House Veterans’ Affairs Committees [March 4]. The VFW expressed its frustration with the Department of Veterans Affairs’ lack of urgency in providing benefits to individuals who suffer from conditions associated with toxic exposures, especially when there is science to back up veterans’ claims.

“The VFW proposes a permanent, comprehensive, and evidence-based framework of granting presumptive benefits for toxic exposure,” said Schmitz. “Veterans who were exposed to burn pits and now suffer from pulmonary conditions and rare cancers should not have to wait decades for benefits – like Vietnam veterans did.”

Schmitz reminded committee members that the VFW has led or played a major role in every reform or expansion of veterans benefits since the institution of the VA.

Watch the hearing at:

<https://www.youtube.com/watch?v=DHh65cbFpFQ&feature=youtu.be&t=886>

Annual members...

Upgrade to Life membership and receive a \$50 gift certificate for the VFW store.

This offer also applies to those signing up as life members or Installment Life when they complete their membership agreement.

Virginia Department of Veterans  
Services Manassas Office

9300 W. Courthouse Rd.  
Suite 305  
703-479-7437

## Guidelines for Conference Call:

Start time 7:30 PM

Dial-in number:

**(425) 436-6330**

Access Code: **805920#**

1. Attendees will announce themselves before the start of the meeting
2. Late joiners will be asked to identify themselves
3. The adjutant will verify attendees are members in good standing
4. The adjutant will verify a quorum
5. Members will identify themselves before speaking
6. Voting shall be by rollcall
7. Order of business will use the contemporary meeting format:
  - a. Call to order
  - b. Check dues cards [See 3 Above]
  - c. Roll call of officers
  - d. Read, refer membership applications
  - e. Read minutes
  - f. Quartermaster’s report
  - g. Report of Service Officer
  - h. Report on Comrades or the families of Comrades in distress
  - i. Committee report(s)
  - j. Unfinished business
  - k. New business
  - l. Good of the Order
  - m. Election of Officers for 2020-21
  - n. Submission of items as appropriate
  - o. Close meeting



## Checks from the Government

March 18, 2020  
by Jennifer Leach  
Associate Director, Division of Consumer and Business  
Education, FTC

As the Coronavirus takes a growing toll on people’s pocketbooks, there are reports that the government will soon be sending money by check or direct deposit to each of us. The details are still being worked out, but there are a few really important things to know, no matter what this looks like.

1. The government will not ask you to pay anything up front to get this money. No fees. No charges. No nothing.
2. The government will not call to ask for your Social Security number, bank account, or credit card number. Anyone who does is a scammer.
3. These reports of checks aren’t yet a reality. Anyone who tells you they can get you the money now is a scammer.

Look, normally we’d wait to know what the payment plan looks like before we put out a message like this. But these aren’t normal times. And we predict that the scammers are gearing up to take advantage of this.

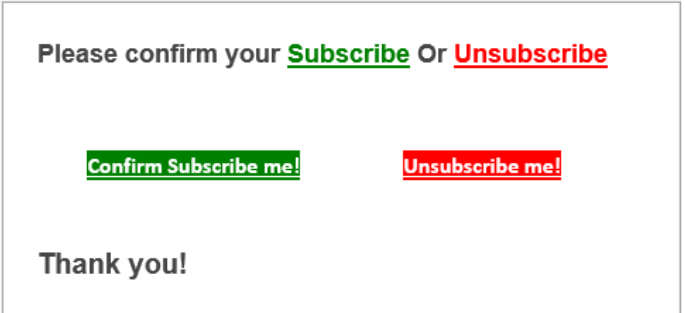
So, remember: no matter what this payment winds up being, only scammers will ask you to pay to get it. If you spot one of these scams, please tell the Federal Trade Commission: [www.ftc.gov/complaint](http://www.ftc.gov/complaint). We’re doing our best to stop these scammers in their tracks, and your report will help.

Keep up to date with the latest Coronavirus-related scams at [www.ftc.gov/coronavirus](http://www.ftc.gov/coronavirus).

**POST 7589 BINGO IS  
CANCELLED UNTIL THE  
COVID-19 RESTRICTIONS ARE  
LIFTED.**

## Some Phishing Attempts

**WARNING:** If you receive any of these emails **do not click** on any of the links or you will be **uploading your address book and possibly more to unknown people.**

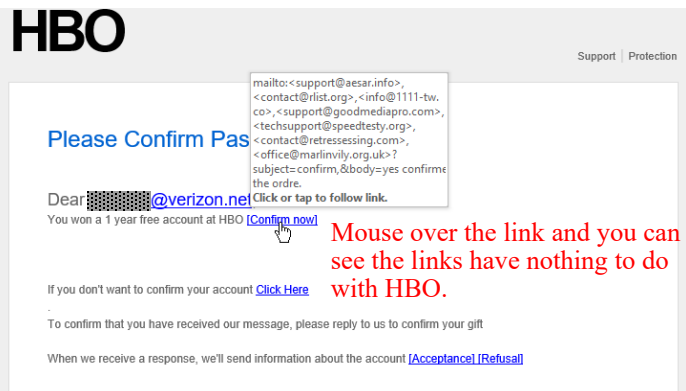


Your Facebook password was reset using the email address [redacted] on Sunday, Feb 16, 2020 at 5:24pm (MDT).

Operating system: Mac OS X  
 Browser: Chrome  
 IP address: 97.123.28.2  
 Estimated location: Albuquerque, NEW MEXICO, US

If you did this, you can safely disregard this email.  
If you didn't do this, please secure your account, By sending this code:26556 . [From here.](#)

Thanks,  
The Facebook Security Team



This is to inform you that your request on: 01/03/2020 to remove your account from Verizon server has been approved and will initiate in one hour from the exact time you open this message. Regards.

ignore this message to continue with email removal or  
If this deactivation was not requested by you  
Please reply us

[Reply here](#)

Regards,  
Verizon

## Upcoming Events

Events may be postponed or cancelled due to Corona Virus restrictions.  
Check your email for change notifications.

April 6	Post Meeting 7:30 PM (Elections) Post meets via Conference Call — See Page 8
April 20	Auxiliary meeting— 7:30 PM
April 26	District 8 Convention/Culpeper 2524/12 PM (Election)
April 30	Department Program Reports ( <a href="#">Deadline</a> )
May 4	Executive Meeting – 7:00 PM
	Post/Auxiliary Meeting 7:30 PM (Elections)
May 18	Americanism Committee Meeting 7 PM
May 21	Youth Committee Meeting 7 PM
May 23-24	Buddy Poppy Drive 9 AM -3 PM/Giant in Manassas ( <a href="#">TBD</a> )
May 25	Vet Day Activities/8:30 AM,, Memorial/9 AM Cemetery
June 1	Executive Meeting – 7:00 PM
	Post/Auxiliary Meeting 7:30 PM (Elections)
June 4	Museum of the Army opening — Ft. Belvoir
June 11-14	State Convention—Portsmouth
June 18	Youth Committee Meeting 7 PM
July 6	Executive Meeting – 7:00 PM
	Post/Auxiliary Meeting 7:30 PM
July 16	Youth Committee Meeting 7 PM
July 18-23	National Convention, Reno, Nevada
August 3	Executive Meeting – 7:00 PM
	Post/Auxiliary Meeting 7:30 PM
TBD	District 8 School of Instruction & Meeting
August 20	Youth Committee Meeting 7 PM
August 27-30	National Commander-in-Chief Hal Roesch’s Homecoming, Portsmouth, Virginia

## KNOW YOUR VIRGINIA REPRESENTATIVE

Rob Wittman	1st District	202-225-4261
Elaine Luria	2nd District	202-225-4215
Bobby Scott	3rd District	202-225-8351
Donald McEachin	4th District	202-225-6365
Denver Riggleman	5th District	202-225-4711
Ben Cline	6th District	202-225-9681
Abigail Spanberger	7th District	202-225-2815
Don Beyer	8th District	202-225-4376
Morgan Griffith	9th District	202-225-3861
Jennifer Wexton	10th District	202-225-5136
Gerry Connolly	11th District	202-225-1492



# CANNON NEWS

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Cannon News is emailed to Post and Auxiliary members with email addresses on file.

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Cannon News is also available on our website [www.vfw7589.org](http://www.vfw7589.org)

Editor: Rick Raskin  
Copy Editor: Janet Raskin

Please email articles to [quartermaster@vfw7589.org](mailto:quartermaster@vfw7589.org) no later than the 28th of the month.  
We reserve the right to edit submitted articles for timeliness, clarity and syntax.